Periodic Health Assessment for Individual Medical Readiness OPNAVINST 6120.3A

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OPNAVINST 6120.3A OBJECTIVES

- List at least three requirements of the PHA OPNAVINST
- List 3 IMR elements
- Describe one benefit of the PHA

HEALTH ASSESSMENT PROCESS IPT

Chartered in Jun 2004

AC, RC, MC, NC, MSC

Civilian, Military

- LCDR Batz, NOMI
- MR. Eubanks,NMIMC
- CDR Francis, NMCP
- Mr Heaston, NEHC
- CDR Jacobsen, Office, Chief of Navy Reserves
- LCDR Killenbeck, COMNAVAIRLANT
- CAPT Leindecker, BUMED
- CDR Martschinske, NEHC

HEALTH ASSESSMENT PROCESS IPT

- CAPT Williams, Ms Richburg & LCDR Ramirez, NH Charleston
- Mr. Sherrard, PCola
- LCDR Thompson, BUMED
- CDR McMillan, HQ USMC
- Ms Nestell, NMCP
- Ms OBerry, NEHC
- LCDR VonThun, NEHC/BUMED

OPNAVINST 6120.3A Supporting Instructions

- ASD (HA) Policy 06-006 of 16 Feb 06 Periodic Health Assessment Policy for Active Duty and Selected Reserve Members
- DoDI 6025.19 of 03 Jan 06 Individual Medical Readiness
- BUMED Note 6110 of 16 Feb 06 Tracking and Reporting Individual Medical Readiness Data

PHA Purpose

- To ensure the medical readiness of Navy & USMC AC & RC Service Members
- Meets CNO & SG priority of Mission readiness – no ramp up: stay deployment ready
- Transition from episodic care to preventive health care

PHA Purpose

- Consolidates clinical preventive services, Occupational health & risk screening, HREC review, testing, treatment, specialty physical exams and deployment health assessment under an annual PHA

OPANAVINST 6120.3A INDIVIDUAL MEDICAL READINESS

- PHA is the process to capture, review, verify, and correct deficiencies in IMR data
- PHA is one of six IMR elements – will assess for changes in health status, especially those that could impact readiness

OPANAVINST 6120.3A INDIVIDUAL MEDICAL READINESS

- <u>IMR Elements</u>:

1. Individual medical equipment
2. Immunizations
3. Readiness Lab studies
4. Dental readiness
5. Deployment limiting conditions
6. PHA

PHA Background

- 5-Year periodic physicals no longer required (MANMED Ch 15) - specialty physical exams have not changed (ex: flight, dive).
- PHA replaces the RC requirement for an Annual Certificate of Physical Condition.
- PHA will optimally consolidate annual medical and dental requirements into a single process.

PHA BENEFITS

- Emphasis on prevention and optimizing IMR
- Annual face to face assessment of health status based on age, gender, occupation, family & deployment history, & behavioral risk factors.
- Provide “one stop shop” as feasible & reduce time away from duty

PHA Implementation Guidance

- DoDI
- HA Policy
- OPNAV
- NAVADMIN Sep 05:

Implementation Guidance for Navy Reserve Annual PHA Process

PHA Implementation Guidance

- Responsibilities:
  - Member makes and keeps appt
  - Commanding Officers ensure members make, keep, and complete the appt.
  - PHA sites: validates & records IMR data
  - Fixed MTFs will support the provision of PHA of supported AC & RC service members

PHA REQUIREMENTS

- Health assessment process requires review of data from a variety of sources including the Health Assessment Review Tool (HART), HREC, computerized medical databases, medical history & member interview.

PHA REQUIREMENTS

- Complete PHA within 30 days
  - Birth month for AC (when feasible)
  - Based on Annual requirement due date for RC
- Single visit when possible
- PCM involvement preferred/Reviewer to be privileged provider

PHA REQUIREMENTS

- Health Assessment Review Tool (HART) required once available (will be on TOL)
  - Formerly the HEAR
  - Navy will use Readiness HART (HART-R) variant
  - PKC POC: Ollie Gray
    obg@pkc.com
    703 998-8400, ext 207

PHA COMPONENTS

- At a minimum , screening, treatment, and counseling for preventive services will follow the U.S. Preventive Services Task Force recommendations

- RC will be referred to their civilian PCM for clinical preventive services and treatment unless the condition is service related

PHA COMPONENTS

- Blood Pressure
- Height, weight & BMI
- Visual acuity: if worse than 20/40 refer to Optometry
- Individual Medical Equipment will be verified and documented: if required, bring 2 pairs glasses, gas mask inserts, and medical warning tags to visit

PHA COMPONENTS

- Immunizations – at PHA: review & update to ensure deployment ready.
- Required for IMR: Hepatitis (completed series), Inactivated Polio Vaccine, Tetanus/Diptheria, measles/mumps/rubella, influenza
- may have other specific

PHA COMPONENTS

- Laboratory studies: draw if due or due within the next 11 mos.
  - Basic labs to be deployable (Readiness labs): Blood type & RH, G6PD, DNA, and HIV
- Lipid Screening per U. S. Preventive Services Task Force (USPSTF) recommendations

PHA COMPONENTS

- Tuberculosis Surveillance Screening: if due or due within the next 11mos
- Cardiovascular Risk Factors Screening: Framingham Risk Score is the preferred method

  - (NEHC PHA website)

PHA COMPONENTS

- PHA provides mechanism for clearance to participate in the PFA:
  - 12 mo clearance unless health status change.
  - member completes PARFQ (date of PHA on bottom of form).

PHA COMPONENTS

- Female specific health screening – per USPSTF & MANMED Ch 15
  - RC see civilian provider

- Colorectal cancer screening – per USPSTF recommendations
  - RC see civilian provider

PHA COMPONENTS

- Dental: dental readiness and classification will be recorded at the annual dental exam.
  - Synchronize with the PHA when feasible.
  - Member should remain Class 1 or 2 throughout deployment

PHA COMPONENTS

- Occupational Medicine Certification & Surveillance: requirements must be evaluated and reviewed for appropriate monitoring.
- Collaboration with the Occupational Health Clinic recommended to ensure members are up-to-date with job specific requirements.

PHA COMPONENTS

- Deployment Health Assessment and Readiness (AC & RC):
  - Ask member about any deployments since last PHA – check for PDHA & PDHRA.
  - Assess for Deployment Limiting conditions: pregnant, limited duty, RC classifications – TNPQ, TNDQ

PHA COMPONENTS

- Health risk assessment and Counseling:
  - Health Promotion & Clinical preventive services counseling targeted to individual risk factors & behaviors
  - Reliant on health risk assessment (HART) & patient interview
  - Document counseling on the DD2766

PHA COMPONENTS

- <u>Medication & Supplement Use:</u>

➢ Assess & review all medications & supplements.

➢ Document on the DD2766

➢ Ensure the service member is aware they should always have a 90 day supply

PHA COMPONENTS

- PHA Completion:
  - PFA clearance
  - Clinical preventive services
  - Specialty specific physical exams
  - Occupational Medical surveillance
  - PDHA & PDHRA review
  - IMR elements

Questions?